



NCARNG Weekly Safety Newsletter



June 5, 2015

North Carolina State Safety Office Contacts

State Safety Manager
COL John Mullinax
X46253

State Occupational
Health Manager
MAJ Christina Henderson
X46206

State Safety Specialist
1SG Gregory Greene
X46420

State Safety Specialist
MSG Hugh Wilson
X46153

Industrial Hygiene Tech
SFC Wayne Benner
X46388

Lodging Coordinator
Newsletter Editor
Meredith Dixon
X46637

For more information
Visit us at [NCGKO](#)
(CAC Login)



For more Safety
information visit
[US ARMY
SAFETY CENTER](#)



Vacation Safety



As the warm weather approaches and thoughts turn to getting away for a few days, being safe while on vacation helps ensure that you and your loved ones only have good memories of your time away from home. There are many things you can do to keep yourself, your family and your valuables safe. By following the vacation safety tips below, you can reduce the chances of having your good times spoiled and give yourself peace of mind as you relax and have fun.

Summer Vacation Safety Starts Before You Leave Home

- Make copies of all of your credit cards, important identification information, including your medical insurance cards, and your traveler's checks. Take one copy with you (pack it separately from the cards themselves) and leave one copy at home.
- Take only a little cash with you. Bring most of your money in the form of traveler's checks or plan to use your credit cards while on vacation.
- Never put your home address on your luggage tags. Write your phone number instead.
- Make sure all of the doors and windows to your home are secured and locked. If your home has an alarm system, arm it when you leave for your vacation.
- Never post your travel plans on social networks such as Facebook, MySpace or Twitter.
- Have your mail held at the post office and your newspaper delivery put on hold or ask a family member, a trusted friend or neighbor to pick those items up for you.
- Set automatic timers to turn your lights and a radio on and off.



Protect Your Valuables and Yourself

- Park your car in areas that are well lit and as close to your destination as possible.
- Always close all of the windows and lock the car doors. Keep all valuables out of view by locking them in the trunk, tucking them under the seat or placing on the floor and covering them with a blanket.
- Never leave your wallet, pocketbook or checkbook in the car. Always keep them with you.
- If you are driving and become lost, do not stop on the side of the road to check the map. Drive to a brightly lit, public place to do so.
- Never leave your car unattended with the motor running.
- If you are going out sightseeing, ask at the hotel front desk if there are any areas you should avoid.
- Only take the cash you need for the day with you. Leave the rest, and all other valuables, locked in the hotel or motel safe.
- Never display large amounts of cash when making a purchase. The money you keep with you should be in small denominations.
- When you check into your room, make a mental note of the locations of the stairs and fire exits.



For more information visit www.safety.lovetoknow.com/personal-safety-protection/summer-vacation-safety



NCARNG Weekly Safety Newsletter



June 5, 2015

North Carolina State Safety Office Contacts

State Safety Manager
COL John Mullinax
X46253

State Occupational
Health Manager
MAJ Christina Henderson
X46206

State Safety Specialist
1SG Gregory Greene
X46420

State Safety Specialist
MSG Hugh Wilson
X46153

Industrial Hygiene Tech
SFC Wayne Benner
X46388

Lodging Coordinator
Newsletter Editor
Meredith Dixon
X46637

For more information
Visit us at [NCGKO](#)
(CAC Login)



For more Safety
information visit
[US ARMY
SAFETY CENTER](#)



If you watch what you eat or are on a diet, odds are you've wondered whether or not you should cut out gluten products—anything containing wheat, barley or rye. Tons of diets have cut out this food group, but that doesn't mean it's bad for you or that you should stop eating it. The gluten-free fad has sparked debate among health professionals, arguing the pros and cons of gluten in your diet. But many experts can agree that cutting out gluten also cuts out a lot of high fiber and nutrient-rich products too, resulting in the need to ensure these losses are consumed through other foods. Check out these five facts about gluten and think twice before going gluten-free...

1. Gluten Doesn't Cause Weight Gain

With all of the gluten-free diets around, a lot of people automatically jump to the conclusion that gluten is unhealthy and causes you to gain weight or prevents you from losing pounds. In most situations, gluten doesn't cause weight gain. In fact, many gluten-free products often contain more carbs and sugar than their glutenous counterparts, which blasts the theory that gluten-free is low-carb and will result in weight loss. Instead, gluten-free could actually add to your waistline.

2. Gluten-Free Doesn't Mean Healthy

Gluten-free products, especially those that are not naturally gluten-free, contain a lot of chemicals and fillers that you wouldn't normally find in products with gluten. Many gluten-free foods actually remove the fairly healthy, vitamins and minerals from the products and turn them into something overly processed. Whole grain foods—including those with gluten—are a good source of nutrients and fiber.

3. Gluten Keeps You Full

If you constantly feel hungry and snack all day long, you're likely not getting enough protein or fiber in your diet. The good thing about gluten is that it can keep you full for longer—gluten is a protein and many of the products gluten is found in have fiber to satisfy hunger and keep you full.

4. Gluten Isn't Harmful

Celebrity endorsements, as well as the availability, increase and marketing of products that are gluten-free, has led many to believe that foods with gluten can negatively impact your health. It's bad enough that many people think gluten-free products are automatically the healthier option when many are stripped of nutrients and fiber, but the misconception that gluten is actually harmful to your health has caused unnecessary and unbalanced diets. Gluten provides a good, natural source of protein that can contribute to a healthy diet. It can be difficult to get your daily recommended servings of protein if you don't eat gluten.

5. Gluten Isn't In All Grains

It can be confusing if you have a gluten intolerance or for other health reasons have to remove gluten from your diet, since many people don't understand what gluten really is and what it's in. Although bizarre, it's not uncommon for people to think things like rice and corn contain gluten. Other grains, especially whole grains, are necessary for a healthy, balanced diet, and can help reduce the chance of diabetes and cardiovascular disease. But the gluten-free fad has spurred a lot of other health problems. If you are going gluten-free, make sure to get your whole grains from other sources.

**For more facts about Gluten visit www.activebeat.com/diet-nutrition/afraid-of-the-g-word-10-facts-about-gluten

